

# Mugg and Bean Recipes

## GENERAL RECIPES

### CHICKEN MAYO MIX

#### Ingredients

|               |   |
|---------------|---|
| 12            | Whole chickens                                    |
| 500-750 ml    | Mayo  |
| 250ml         | Sour cream (just add lemon juice to make it sour) |
| 2 table spoon | French mustard                                    |
| 1 tea spoon   | Cayenne pepper                                    |
| 2 cups        | Grated carrots                                    |
| 1 cup         | Celery (finely chopped)                           |
| ½ cup         | Dhanya  |

#### Method

- Chop up carrots, onion, celery and 3 table spoons chicken stock.
- Add these ingredients to water with the chickens.
- Boil chickens until cooked. DO NOT DRY OUT THE CHICKEN.
- Remove all meat off the bones.
- Break chicken into small pieces DO NOT THREAD THE CHICKEN INTO TINY MASHED CHICKEN.
- Mix ingredients together and then add the chicken.

### Marinated Chicken Breast

#### Ingredients

|        |                     |
|--------|---------------------|
| 10Kg   | Chicken fillets     |
| 3 cups | Sunflower oil       |
| ½ cup  | Ginger fresh grated |
| ½ cup  | Cilantro chopped    |
| ½ tsp  | Salt                |
| ½ cup  | Soya Sauce          |
| 1 Tbs  | Garlic crushed      |
| 1 cup  | Tahini              |

Cut chicken fillets into strips. Mix all other ingredients together and pour over chicken allow to marinate for about 3 hours

Grill chicken on flat top.

## Guacamole

6 Avocados Soft even damaged will do.  
1 cup Tomato and onion coarsely chopped  
 $\frac{1}{4}$  cup Cilantro chopped  
 $\frac{1}{2}$  tsp Chili  
Salt & Pepper

Mash avos thoroughly and add other ingredients. Season to taste.

## Salsa Rojo

6 Tomatoes ripe coarsely cut up  
1 large Onion finely chopped  
1 head Table celery  
1 tbs Chili  
Salt & Pepper

Cook onion till brown in tablespoon of oil, add tomatoes,celery and chili, season to taste. Simmer for 20 minutes

## Potato salad

8 Potatoes large  
2 Onions finely chopped  
2 cup Mayonnaise  
1 tsp Mustard  
 $\frac{1}{2}$  tsp Chili  
 $\frac{1}{2}$  cup Chopped parsley  
Salt & Pepper

Boil potatoes with skins on until soft not mushy. Allow to cool then peel. Cut in large cubes. Mix other ingredients together and add to potatoes. Mix carefully not crushing potatoes



## COLESLAW SALAD

|        |                             |
|--------|-----------------------------|
| 2      | Cabbage heads thinly sliced |
| 6      | Carrots grated fine         |
| 2 cups | Mayonnaise                  |
| ½ cup  | Vinegar                     |
|        | Salt & Pepper               |
| 1tbs   | Caraway seed                |

**Mix all ingredients together.**



# Mugg and Bean Recipes

Flapjacks.

## Ingredients

|         |               |
|---------|---------------|
| 10      | Eggs          |
| 10 cups | Flour         |
| 5 cups  | Milk          |
| 15 tsp  | Baking Powder |
| 1 tsp   | Salt          |
| ½ cup   | Sugar         |

Mix all ingredients together and allow to stand for at least two hours. Spoon with large spoon onto hot buttered grill, turn over when brown, each side should cook for about 2 minutes.

## Egg Mix

|        |             |
|--------|-------------|
| 40     | Eggs        |
| 3 cups | Fresh Cream |
| ½ tsp. | Salt        |

Beat all ingredients together.

## Hollandaise sauce

|        |                 |
|--------|-----------------|
| 8-9    | Egg yokes       |
| 500g   | Butter melted   |
| 3 tbs. | Lemon juice     |
|        | Salt and Pepper |

## Method

Heat eggs, lemon juice and s+p in double boiler beating all the time. Slowly add melted butter beating all the time. Do not over heat eggs as they will turn into scrambled eggs.

# Salad dressings

## POPPY SEED DRESSING

|        |                 |
|--------|-----------------|
| 2 cups | Olive oil       |
| 2 Tbs  | Honey           |
| 1 cup  | Brown Sugar     |
| 2 Tbs  | Poppy seeds     |
| 1 tsp  | Salt            |
| 375ml  | Balsamic        |
| 1L     | Warm water      |
| 100 ml | Worcester Sauce |

Mix all ingredients together

## Oriental Dressing

|           |                |
|-----------|----------------|
| ½ cup     | Brown sugar    |
| 2 bunches | Cilantro       |
| 1 tsp     | Garlic crushed |
| 2 tsp     | Ginger fresh   |
| ½ cup     | Honey          |
| ½ cup     | Lemon Juice    |
| 200ml     | Olive oil      |
| 2 cups    | Soya sauce     |
| 1 cup     | Tahini         |
| 1 cup     | Balsamic       |
| 1L        | Water          |

Dissolve sugar, ginger, garlic, soya and honey over low heat Remove from heat add tahini and then all other ingredients.

## Balsamic Dressing

|        |                            |
|--------|----------------------------|
| 6 cups | Olive oil (not Portuguese) |
| 1 cup  | Balsamic                   |
| ½ tsp  | Mustard                    |
|        | Salt & Pepper              |
| 3      | Eggs                       |
| 1Tbs   | Honey                      |

Beat all ingredients together

## Cream Dressing

|       |                              |
|-------|------------------------------|
| 1 cup | Olive oil (not Portuguese)   |
| ½ cup | Mayonnaise                   |
| ¼ cup | Lemon Juice freshly squeezed |
| ¼ cup | Balsamic                     |
| ½ cup | Sour cream                   |
| 1 Tbl | Castor sugar                 |

Mix all ingredients together

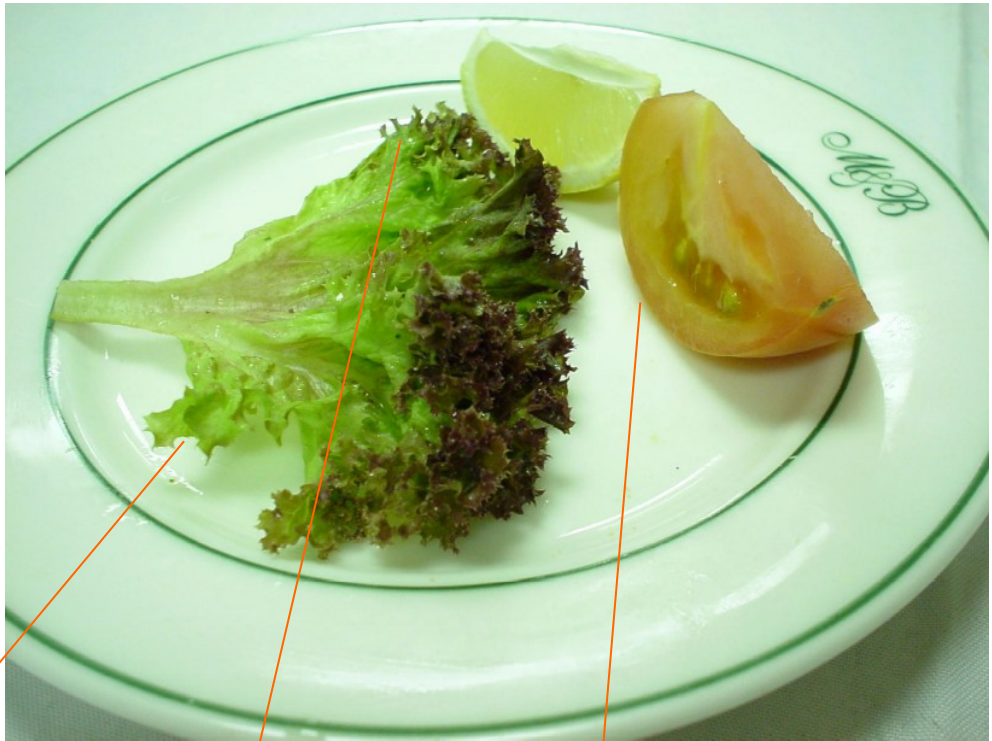
#### Honey & Mustard Dressing

|        |                |
|--------|----------------|
| 1½ cup | Olive oil      |
| ¼ cup  | Lemon Juice    |
| 1 cup  | Honey          |
| ½ cup  | Mustard powder |
| 3      | Eggs           |
| 1 cup  | Warm water     |
|        | Salt & Pepper  |

Beat eggs, mustard and lemon juice in double boiler (like hollandaise sauce). Remove from heat when eggs start thickening add balance of ingredients, except water. Add enough water to produce thick but pourable dressing.

# Mugg and Bean Recipes

GARNISHES:



SATIVA LETTUCE

LEMON WEDGE

TOMATO WEDGE

# Mugg and Bean Recipes

## Costing

|            |     |  |                |  |
|------------|-----|--|----------------|--|
| Muffin     |     |  | Mark up185.7%  |  |
| Butter     |     |  | Total          |  |
| Lemon      |     |  | Food cost %    |  |
| Garnish    |     |  | Gross profit % |  |
|            |     |  |                |  |
|            |     |  |                |  |
| Plate cost | 10% |  |                |  |
| Total      |     |  |                |  |



